

Relaxation Yoga

Do you
feel like this??



**8 week class
starting Sept. 27**



**Then come
join us to do
this...**

Free Spa Kit
to those that
attend 5 out
of the 8
classes.

This class will be
on Tuesdays from
1130-1215 in the
Fitness Center
Aerobics Room.

There will
be various
relaxation
techniques
woven into
the class.

Questions? Contact Leah at 747-3853

or leah.melquist.l.ctr@us.af.mil

